

NC Expedition Schedule

Note: This schedule is subject to change.

<u>Day 1:</u>		<u>Day 5:</u>	
9:00am:	Arrivals Begin	7:00am:	Wake & break camp; breakfast
	Begin First 48 Hour Sequence	9:00am:	Continue backpacking
12:00pm	Lunch	12:00pm:	Lunch
4:00pm	Backpacking Expedition prep	1:00pm:	Continue backpacking
6:00pm:	Dinner	6:00pm:	Dinner
7:00-9:00pm:	Continue First 48 Hour Sequence	7:00pm:	Evening Activities, including evening meeting
9:00pm:	Personal Hygiene	9:00pm:	Personal hygiene
9:30pm:	Lights Out	9:30pm:	Lights Out
<u>Day 2:</u>		<u>Day 6:</u>	
7:00am:	Wake, pack, breakfast	7:00am:	Wake & break camp; breakfast
9:00am:	High & Low Ropes Courses	9:00am:	Finish backpacking
12:00	Lunch		Depart for laundry & showers
2:00pm:	Depart for Trail	3:00pm:	Arrive at campground & set camp
6:00pm:	Dinner	6:00pm:	Dinner
7:00pm:	Evening activities, including evening meetings	7:00pm:	Evening Activities, including evening meeting
9:00pm:	Personal hygiene	9:00pm:	Personal hygiene
9:30pm:	Lights Out	9:30pm:	Lights Out
<u>Day 3:</u>		<u>Day 7:</u>	
7:00am:	Begin Backpacking & How To's	7:00am:	Wake & pack day packs; breakfast
12:00pm:	Lunch	9:00am:	Depart for mountain biking / rock climbing
6:00pm:	Dinner	12:00pm:	Lunch
7:00pm:	Evening Activities, including evening meeting	1:00pm:	Continue mountain biking / rock climbing
9:00pm:	Personal hygiene	5:00pm:	Campground
9:30pm:	Lights Out	6:00pm:	Dinner
<u>Day 4:</u>		7:00pm:	Evening Activities, including evening meeting
7:00am:	Wake, breakfast	9:00pm:	Personal hygiene
9:00am:	Backpacking	9:30pm:	Lights Out
12:00pm:	Lunch	<u>Day 8:</u>	
1:00pm:	Continue backpacking	7:00am:	Wake & break camp; Breakfast
6:00pm:	Dinner	9:00am:	Depart for caving
7:00pm:	Evening Activities, including evening meeting	12:00pm:	Lunch
9:00pm:	Personal hygiene	1:00pm:	Caving
9:30pm:	Lights Out	5:00pm:	Finish caving & setup camp
		6:00pm:	Dinner
		7:00pm:	Evening Activities, including evening meeting
		9:00pm:	Personal hygiene

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9:30pm: Lights Out

Day 9:

6:30 Wake, break camp, breakfast
8:00 Depart for Funyaking
12:00pm: Lunch & Funyaking
3:00pm: Depart for Deep Creek
4:30pm: Arrive at campground & set camp
6:00pm: Dinner
7:00pm: Evening Activities, including evening meeting
9:00pm: Personal hygiene
9:30pm: Lights Out

Day 10:

7:00am: Wake, pack daypacks, breakfast
9:30am: Rafting!
6:00pm: Dinner
7:00pm: Evening Activities including evening meeting
9:00pm: Personal hygiene
9:30pm: Lights Out

Day 11:

7:00am: Wake, pack daypacks, breakfast
9:00am: Break Camp / Laundry
12:00pm: Lunch
1:00pm: Travel to TN / Swim
6:00pm: Dinner
7:00pm: Evening Activities, including evening meeting
9:00pm: Personal hygiene
9:30pm: Lights Out

Day 12:

7:00am: Wake & pack daypacks; Breakfast
9:00am: Groups alternate between rock climbing, rappelling and swimming
12:00pm: Lunch
1:00pm: Continue activity rotation
5:00pm: Be back at campground
6:00pm: Dinner
7:00pm: Evening Activities
9:00pm: Personal hygiene

9:30pm: Lights Out

Day 13:

7:00am: Wake, pack daypacks, breakfast
9:00am: Rafting!
12:30pm: Lunch
2:00pm: Swimming
5:00pm: Back at campground
6:00pm: Dinner
7:00pm: Hotseats
9:00pm: Personal hygiene
9:30pm: Lights Out

Day 14:

7:00am: Wake, pack daypacks, breakfast
9:00am: Showers
1:00pm: Arrive at base
End of Course Activities
Last 48 Hour Sequence
6:00pm: Celebration Dinner
7:00-9:00pm: Continue Last 48 Hour Sequence
9:00pm: Personal hygiene
9:30pm: Lights Out

Day 15:

7:00am: Wake, pack, breakfast
9:00am: Departures Begin